



Blue Stripe

Dachi: (Stance)	Uke: (Block)	Tsuki: (Punch)	Uchi: (Strike)	Geri: (Kick)
Haisuko Dachi	Jodan Uke	Seiken Tsuki	Shuto Uchi	Mae Geri
Fudo Dachi	Chudan Uke	Tate Tsuki	Tettui Uchi	Mawashi Geri
Haiji Dachi	Gedan Uke	Utski Tsuki	Shote Uchi	Yoko Geri
Kiba Dachi	Nagashi Uke	Gyaku Tsuki	Uraken Uchi	Ushiro Geri
Shiko Dachi			Ippon Nukite Uchi	Sukuto Geri
Zenkatsu Dachi			Nukite Uchi	Fumikomi Geri
			Seriyuto Uchi	Hiza Geri
			Empi Uchi	

Performance:	
Waza	Ippon 1 – 5 (single)
Waza	Ippon 1 – 5 partner drills
Kumite	Kumite Drill #3 with partner
Kogeki Ho	1 – 7
Kata	Taikyoku Ichi (up to attacker #6)

Knowledge

How many Taikyoku are there?	
How many Taikyoku do we work?	
Is Taikyoku a formal kata?	
Vocabulary	
Review all vocabulary words.	
Dojo Kun (School Creed)	
Be able to recite all four parts of the dojo kun.	



Green Stripe

Dachi: (Stance)	Uke: (Block)	Tsuki: (Punch)	Uchi: (Strike)	Geri: (Kick)
Haisuko Dachi	Jodan Uke	Seiken Tsuki	Shuto Uchi	Mae Geri
Fudo Dachi	Chudan Uke	Tate Tsuki	Tettui Uchi	Mawashi Geri
Haiji Dachi	Gedan Uke	Utski Tsuki	Shote Uchi	Yoko Geri
Kiba Dachi	Nagashi Uke	Gyaku Tsuki	Uraken Uchi	Ushiro Geri
Shiko Dachi			Ippon Nukite Uchi	Sukuto Geri
Zenkatsu Dachi			Nukite Uchi	Fumikomi Geri
			Seriyuto Uchi	Hiza Geri
			Empi Uchi	

Performance:	
Waza	Ippon 1 – 5 (single)
Waza	Ippon 1 – 5 partner drills
Kumite	Kumite Drill #4 with partner
Kogeki Ho	1 – 7
Kata	Taikyoku Ichi

Knowledge

How many movements are in Taikyoku?	
How many attackers are in Taikyoku?	
Vocabulary	
Review all vocabulary words.	
Dojo Kun (School Creed)	
Be able to recite all four parts of the dojo kun.	